



# VOLUNTEER WITH US

**Could you make a difference to unpaid carers and people needing care?**

When illness or disability strike, a lot of people feel the impact. We're about helping people when they need it most.

If you're interested in helping others, we'd love to hear from you.

**Join us as a volunteer and:**

- Support your community**
- Help improve the quality of life for other people**
- Make new friends**
- Be part of a caring team**
- Gain experience and boost your CV**

**Volunteering makes a real difference.**  
We have many roles, for all availabilities and skill sets.



**Find out more:**  
**[volunteer@tuvia.org](mailto:volunteer@tuvia.org)**  
**[www.tuvia.org/volunteer](http://www.tuvia.org/volunteer)**  
**[@tuvidasupport](https://twitter.com/tuvidasupport)**

**0115 824 6666**

(9am-5pm, Monday-Friday)